



10/8/2015

NBRC Lap Pool

October 5- November 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	3 lanes open 7:00-9:00 Boulder Swimming			
6:30am									
7:00am									
7:30am									
8:00am		4 lanes open 8:00-9:00 Drop-in H2O Fit		4 lanes open 8:00-9:00 Drop-in H2O Fit			2 lanes open 8:00-9:30 BAM		
8:30am									
9:00am	4 lanes open 9:00-10:00 Drop-in H2O Fit	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H2O Fit	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H2O Fit	3 lanes open 9:00-11:00 Flatirons	4 lanes open 9:30-10:30 BAM		
9:30am									
10:00am	Lap Swim		Lap Swim		Lap Swim	Lap Swim			
10:30am	3 lanes open 10:30-11:30 BAM				3 lanes open 10:30-11:30 BAM	3 lanes open 10:30-11:30 BAM			
11:00am									
11:30am	Lap Swim 11:30-6:00				Lap Swim 11:30-7:00	Lap Swim 11:00-1:00	Lap Swim 10:30-1:00		
12:00pm		4 lanes open 12:00-1:00 BAM		4 lanes open 12:00-1:00 BAM					
12:30pm									
1:00pm									
1:30pm				Lap Swim 11:30-4:30				4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board
2:00pm									
2:30pm									
3:00pm									
3:30pm									
4:00pm			Lap Swim 1:00-5:45			Lap Swim 1:00-7:00			
4:30pm									
5:00pm				7 lanes open 4:30-6:00					
5:30pm									
6:00pm	3 lanes open 6:00-7:00 BAM & Lessons	4 lanes open 5:45-6:45 Drop-in Zumba		6 lanes open 6:00-7:00 Lessons			Lap Swim 4:00-6:30	Lap Swim 4:00-7:30	
6:30pm									
7:00pm	4 lanes open Drop in H2O Fit 7:00-8:00	6 lanes open 7:00-8:00 Water Polo Fitness	Lap Swim 7:00-9:00	6 lanes open 7:00-8:00 Water Polo Fitness					
7:30pm									
8:00pm	Lap Swim 8:00-9:00								
8:30pm									
9:00pm									

"Lanes open" indicates lanes open to the public.

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-413-7260 or go to www.boulderaquatics.org